

FORGING THE FUTURE:



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Friday FACTS

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"Leadership, Partnership, and Championship"

YOUR PERSONAL CANCER RISK COMPUTED

Dear Friends:

We are pleased to announce the improved, expanded version of the popular Your Cancer Risk website at <http://www.yourcancerrisk.harvard.edu>. Developed by the Harvard Center for Cancer Prevention at the Harvard School of Public Health, this site allows individuals to determine their personal risk for the 12 most common cancers in the US: breast, prostate, lung, colon, bladder, melanoma, uterine, kidney, pancreatic, ovarian, stomach, and cervical.

In January 2000, a version of this site that covered just the four most common cancers received over one million hits in a single day! Your Cancer Risk is an interactive site with two main components: A questionnaire that allows you to determine your risk for these types of cancer, and tips for reducing your risk. Once you have answered the questions, your risk is shown as a colored bar graph. You can then check off the suggested tips to see how much the bar graph drops. Please visit <http://www.yourcancerrisk.harvard.edu> and see how you can reduce your cancer risk!

On behalf of the HSPH Office of Communications,

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Cholesterol

Shrimp is full of cholesterol. But the real cholesterol danger lurks in the slyly packaged "cholesterol-free" cookies. You see, shrimp contains very little of the saturated fat that makes that cookie taste so good. And it's the saturated fat in food not the cholesterol that has the greatest effect on your cholesterol level. No wonder people are confused. Your first line of defense in the battle against high cholesterol and heart disease adopting a healthy diet. If your idea of the perfect lunch is a cheeseburger, french fries, and a large chocolate shake, it's time to look for a new lunch spot. You can't bring your cholesterol level down unless you make some hard choices about food. For additional information visit <http://cholesterol.com>

World Breastfeeding Week

1-7 August 2000

In this year's World Breastfeeding Week, the aim is to increase awareness in every country and at every level of the significance of breastfeeding and in particular to the development of the child. This very important topic of infant nutrition and care with a focus on integrating knowledge and skills that support breastfeeding into the instructional process deserves attention in all formal and informal educational settings. To increase public awareness of breastfeeding as the standard for infant development and growth. Encourage the incorporation of education on breastfeeding and appropriate infant feeding practices into all levels of formal and informal education. For more information visit: <http://www.breastfeedingtaskforla.org/bfweek2000.htm>

